

**Crew Rest**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:35–08:50	FE-2	UF1 payload status check
08:50–09:30		Maintenance of ? ? ?
09:00–10:30	FE-1	Physical exercise (RED)
09:30–10:30	FE-2	Physical exercise (TVIS)
10:30–11:30	FE-1	
10:30–12:00	FE-2	Physical exercise (RED)
11:30–12:30	CDR	Physical exercise (TVIS/active rest)
12:30–13:30		LUNCH
13:40–13:55	CDR	<b>TV pass (ISS/MCC):</b> private family conference (Ku-band)
14:20–14:25		Calldown of ? ? counter data
14:25–14:30		Calldown of ? ? ? data
14:30–14:35		Inspection of ? ? ? ?-1 separator
16:00–17:30		Physical exercise (VELO+RED/active rest)
18:05–18:35		Daily plan review
18:35–18:50		Daily planning conference (S-band)
18:50–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–21:45	FE-1	Private family conference (S-band)
21:30–06:00	CDR, FE-2	SLEEP
21:45–06:00	FE-1	SLEEP

**NOTE:** See OSTP for references to US activities

End of radiogram